

Heart Attack - Know the Signs

If you experience any of the classic signs of a heart attack, get to a hospital emergency room as soon as possible.

- Æ** Uncomfortable pressure, squeezing, fullness, tightness, burning, or other aching under the breastbone that lasts two minutes or more and is not relieved by nitroglycerin tablets.
- Æ** Other common places for pain to be felt, besides the chest include: neck and jaw, inside arm and shoulder (left side more frequently than right), upper abdomen (often mistaken for indigestion pain), and between the shoulder blades.
- Æ** The pain may be continuous or may come and go.
- Æ** Often there is a shortness of breath, dizziness, weakness, clamminess, sweating, and nausea.



Heart Attack Symptoms Unique to Women

Research is finding that there are gender differences in heart disease. Some symptoms occur in women that are not seen in men.

- Æ** Most women complain of severe stomach or abdominal pain or burning, not the traditional chest pain.
- Æ** Nausea
- Æ** Sudden fatigue

